



# CALVERT COUNTY OFFICE ON AGING (OOA) STAFF DIRECTORY

450 West Dares Beach Road, Prince Frederick MD 20678

## OOA Administration 410-535-4606

Division Chief	Vacant
Program Manager	Ed Sullivan
Fiscal Manager	Patti Ryon
Client Services Manager	Tunya Taylor
Long Term Care Manager	Lisa Caudle
Long Term Care Coord.	Amy Boucher
Long Term Care Advocate	Larry Harvey
Account Tech II	Suzy Meador
Office Specialist II	Liz Youngblood
Food Service Worker	Harry Markward
Aging Services Case Manager	Terri Gunkel
Aging Services Case Manager	Amanda Seymour
CFC Supports Planner	Jean Muggli
CFC Supports Planner	Grace Oller

## North Beach Senior Center 410-257-2549

Program Specialist II	Linda Roberts
Program Assistant	Kathy Shannon
Food Service Coord.	Karla Shauver
Office Assistant II	Kelsey Holland
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Kristy Matchett
Building & Grounds Worker	Kelly Jones

## Calvert Pines Senior Center 410-535-4606

Program Specialist	Kristy Alleva
Program Assistant	Tammie Messer
Food Service Coord.	Tracey Endrusick
Office Assistant II	Andrew Jackson
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Vacant
Social Services MAP Coord.	Kristy Matchett
Social Services MAP Coord.	Ann Newton
Developmental Disabilities Specialist	Ruthie Birch
Developmental Disabilities Aide	Angela Nenno
Building & Grounds Worker	Phillip Long, Sr.
Custodian	Brenda Jacks
Senior Rides Program	Chessa Reid
Senior Employment Program	Vacant

## Southern Pines Senior Center 410-586-2748

Program Specialist	Melinda Gaines
Program Assistant	Anne Sledge
Food Service Coordinator	Cathy Richards
Office Assistant II	Brian Ward
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Kristy Matchett
Senior Employment Program	Vacant



# THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

September/October 2021

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We congratulate Program Specialists Linda Roberts, Melinda Gaines, and Food Service Coordinator Karla Shauver for completing the Calvert County Government Supervisory Career Development series. Pictured are Melinda and Karla, who were recognized by the County Commissioners on Aug. 24. We are thankful to serve Calvert County seniors alongside them!

# Medicare

## Open Enrollment

October 15 – December 7  
by appointment only.

Medicare Part D Open Enrollment  
appointments will be available at  
all three sites.

## National Grandparents Day

National Grandparents Day is observed annually on the Sunday after Labor Day; this year it falls on September 12. Marian McQuade, who served on the West Virginia Commission on Aging, campaigned to set aside a day to recognize grandparents and their contributions to our families and communities. President Jimmy Carter signed Proclamation 4580 in 1978, stating,

“The elders of each family have the responsibility for setting the moral tone for the family and for passing on the traditional values of our nation to their children and grandchildren. They bore the hardships and made the sacrifices that produced much of the progress and comfort we enjoy today. It is appropriate, therefore, that as individuals and as a nation, that we salute our grandparents for their contribution to our lives.”

The Calvert County Office on Aging salutes all grandparents for their efforts and contributions to our families and nation.



Senior Center Hours: Monday-Friday, 8:30 a.m. to 4:30 p.m.

[www.calvertcountymd.gov](http://www.calvertcountymd.gov) [ooamailbox@calvertcountymd.gov](mailto:ooamailbox@calvertcountymd.gov)

Senior services are accessible to individuals with disabilities

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### Veterans Support (formerly “Veterans, Let’s Talk”)

Calvert Hospice Chaplain Bill Miller is available to speak to veterans of the armed forces at our Senior Centers. We appreciate and respect our veterans.

#### North Beach

Tuesdays, September 7, October 5, 11 a.m.

#### Calvert Pines

Fridays, September 10, October 8, 11 a.m.

#### Southern Pines

Tuesdays, September 28, October 26, 10 a.m.

### Legal Aid

If you are 60 or older, you are eligible for specific types of legal services through Maryland Legal Aid. You must call for an appointment



and must be at least 60 years of age. Call the Senior Center of your choice to make an appointment. Only four (4) appointments available per Center.

#### North Beach

Thursday, September 9, 1 – 3 p.m.

#### Southern Pines

Thursday, October 7, 1 – 3 p.m.

#### Calvert Pines

Thursday, November 4, 1 – 3 p.m.

### September is Falls Prevention Month

As we age, falling in the home or in the community is a serious concern for older adults. While we might not be able to prevent a fall, we certainly can make the effort to minimize the chance of falling. We encourage you to join us for one or more of the following programs.

#### North Beach

Balance to Prevent Falls

September 8, 11 a.m.

#### Southern Pines

Falls Prevention Basics

September 22, 11:30 a.m.

#### Calvert Pines

Falls Prevention Talk with HomeCall

September 29, 11:30 a.m.



### Nurse & Fitness Fridays

We are pleased to welcome CalvertHealth’s Community Wellness staff back to our Senior Centers. A Registered Nurse will be at each site once per month to answer your health questions and a Fitness Trainer and Health Coach will be at each Center once per month on a select Friday. See each Center’s calendar page for specific dates.

### Mobile Health Center (Vehicle)

The Mobile Health Center will be available to seniors on select Mondays from 9 – 11:30 a.m. Please see each Center’s calendar page for specific dates. This service is free for seniors.

### Lost Your COVID Vaccine Card?

If you have lost your COVID vaccine card, please do one of the following:

- Request a copy of your vaccine records from your primary care physician. Your physician has access to Immunet, and should be able to access your records for you.
- Visit <https://md.myir.net/rorl?next=/> to download your digital records.

Providing new cards is not possible because each card has a specific lot number that cannot be duplicated.

### Maryland Senior Call Check Program

The state of Maryland has a free, opt-in, telephone service to check on Maryland’s older residents through the state.

This free service will place an automated call daily to call you at a regularly scheduled time. If the call is not picked up after three attempts, the service will call an alternate person on your behalf to check on you.

#### To qualify:

- Must be a Maryland resident
- Must be 65 years of age, or older
- Have an active cell phone OR landline phone

Sign-up online at [www.aging.maryland.gov](http://www.aging.maryland.gov) or call 1(866)502-0560

# SERVICES

Call 410-535-4606 for more information.

**Behavioral Health Counselor** - A counselor is available through the Calvert County Health Department, Thursday and Friday at Calvert Pines Senior Center, Wednesday at North Beach Senior Center, and Wednesday at Southern Pines Senior Center. Contact your nearest senior center for more information, or call Lisa Caudle at 410-535-4606.

**Caregivers Services** - Information, a quarterly newsletter, and limited respite funds are available. Contact Lisa Caudle for more information.

**Calvert County Alzheimer’s Caregiver Support Group** - Meets virtually via Zoom on the 2nd Thursday of every month. For more information, contact Jeannette Findley, 410-394-2647, and JC Hooker, 280-882-2590.

**Community First Choice** - Assists adults aged 18-plus to remain in the community or return to the community from long term care placement. Contact Lisa Caudle for more information.

**Guardianship** - Information is provided on private and/or public guardianship. Contact Amanda Seymour, or Lisa Caudle.

**Legal Aid Bureau** - Attorney services are available by appointment for those aged 60-plus regarding SSI, benefit denials, disability payments, Social Security and SSI overpayments, debtor and consumer problems, advance directives, and tenant issues. An attorney will be available Thursday, September 9, 1-3 p.m. at North Beach Senior Center and Thursday, October 7, 1-3 p.m. at Southern Pines Senior Center. Call for an appointment.

**Long Term Care Ombudsman** - An advocate is available for residents of long-term care facilities. For more information, contact Amy Boucher.

**Maryland Access Point** - Provides options counseling and information/assistance for senior services, benefits, and resources.

Calvert Pines: Kristy Matchett, Ann Newton

Southern Pines: Ann Newton - Thursdays

North Beach: Kristy Matchett - Fridays

**Meals On Wheels (MOW)** - Midday meals are provided for persons who are homebound and unable to prepare a meal for themselves. For more information, contact Harry Markward or Patti Ryon.

**Project Lifesaver** - This electronic tracking system helps to quickly locate and return lost/wandering persons suffering from Alzheimer’s disease or other related disorders. Contact Tunya Taylor for more information.

**Senior Care** - Limited funding is available for low-income and frail elderly for case management and assistance with some services. To find out whether you may be eligible, contact Lisa Caudle.

**SHIP** - State Health Insurance Program - Staff are available to provide information and assistance with health insurance issues. For more information, contact Ann Newton or Kristy Matchett.

**Senior Medicare Patrol (SMP)** - Education and prevention against suspected Medicare abuse and fraud. For more information, contact Kristy Matchett.





# Save the Dates!



## Walk to End Alzheimer's

**When:** Saturday, September 18, 2021

**Where:** Asbury Solomons  
11100 Asbury Circle  
Solomons, MD

**Registration begins:** 8:00 a.m.

**Ceremony begins:** 9:00 a.m.

**Walk begins:** 9:30 a.m.



You are welcome to join the team, *Calvert Caregivers Support*, captained by Jeannette Findley.

Donations can also be made to the Alzheimer's Association at <https://act.alz.org/donate>.

## Senior Day at the Calvert County Fair

**Date:** Thursday, September 30, 2021

Free Admission for Seniors!  
Free "To Go" Lunch Provided!

Entertainment by the "2-4-U" Band in the morning!

"What Stuff Do You Carry on You?!" game with Program Manager, Ed Sullivan.

*(Don't forget to stuff your purses and pockets with random "stuff"!)*

Many chances to win inexpensive and cheap, but neat, prizes!

DJ Jeff Gay will get you up and dancing after lunch!



## Living Well with Diabetes Class

The Office on Aging will host a 6-week course for diabetics and pre-diabetics. Practical strategies will empower you to effectively manage your condition. In collaboration with the Calvert County Health Department.

**North Beach Senior Center**  
Fridays, October 8 – November 12  
1 – 4 p.m.

To enroll, please call 410-535-5400 X459.

## Ceramics Shopping Trip Colonial Beach, VA

**Date:** Wednesday, October 6, 2021  
**Registration Begins:** September 1, 2021

**Fee:** \$25 (Transportation)

*NOTE: The cost of items you buy in the shop and lunch are additional.*

**Bus Departs:**

NBSC	7:30 a.m.
CPSC	8:00 a.m.
SPSC	8:30 a.m.

Travel to Country Style Ceramics Shop in Colonial Beach, VA and shop "til your heart's content". You will get 20% off on all of the ceramic bisque and supplies in the shop. There is no discount on greenware.

Unfinished ceramic pieces (bisque) for you to paint are available for purchase. After shopping, lunch will be at a Wilkerson's Seafood Restaurant overlooking the Potomac River. This is an all day trip.



## Volunteer Opportunities

### Friends of Calvert County Seniors, Inc.

is a non-profit organization dedicated to improving the quality of life for qualified Calvert County seniors. FCCS provides funds for services to assist them in remaining independent when governmental or grant funds are insufficient. FCCS is seeking members. The group meets the third Tuesday of each month at Calvert Pines. For more info, visit the website at [fccseniors.org](http://fccseniors.org), or contact Liz Youngblood at the Office on Aging at 410-535-4606.

### Meals on Wheels

Calvert Meals on Wheels is in need of volunteer drivers to deliver meals to homebound seniors in the southern end of the County (Solomons, Lusby). If you are interested in helping out, contact Patti Ryon at 410-535-4606, ext. 124.

## National Night Out

The Office on Aging hosted National Night Out at Calvert Pines Senior Center on Aug. 3. OOA Staff members Kristy Alleva and Tammie Messer are pictured. The event promotes police and community partnerships and neighborhood camaraderie. The Calvert Pines Senior Council provided food for attendees, and many community partners were in attendance. We thank all who attended and we are particularly thankful for the Calvert County Sheriff's Office for their service to our community.



## Senior Center Closures

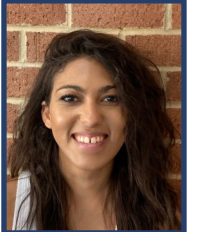
Calvert County Senior Centers will be closed on Sept. 6 and Oct. 11 in observance of Labor Day and Columbus Day, respectively.

## Welcome to the Team!

Please welcome to the Office on Aging:



Jean Muggli, CFC Supports Planner



Chessa Reid, Senior Rides Transportation Coordinator

## Farewell and Thank You!

Kathy NeSmith, Senior Rides Transportation Coordinator for the Office on Aging has retired as of August 11. We wish her the best of luck on her new adventure!

Judith Oller served at Calvert Pines during the summer months as the Developmental Disabilities Assistant. She is leaving to focus on her studies at Huntingtown High School. We wish her well!

SEPTEMBER 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals are subject to change.	Please note: Foods may contain allergens such as eggs, wheat, and soy.	1 Lemon Pepper Fish Rice Pilaf Seasoned Spinach Chilled Fruit Cocktail WW Dinner Roll Apple Juice	2 Baked Chicken Breast Vegetable Primavera Seasoned Broccoli Florets Garlic Bread Grape Juice	3 Hamburger on WW Bun w/Cheese Baked Beans L/T/O Three Bean Salad Hot Spiced Apples Pineapple Juice
		6 CENTERS CLOSED FOR LABOR DAY	7 Tuna Patty Whole Grain Bun Seasoned Green Beans Seasonal Fresh Fruit Fruit Punch Juice	8 BBQ Chicken Potato Wedges Sliced Dilled Carrots Chilled Pears WW Dinner Roll Orange Juice
9 Roast Beef LS Brown Gravy Mashed Potatoes Seasoned Spinach Chilled Mandarin Oranges WW Dinner Roll Apple Juice	10 LS Swedish Meatballs Seasoned Egg Noodles Peas & Onions Chilled Peaches WW Dinner Roll LS V-8 Juice	13 Turkey a la King Brown Rice Seasoned Broccoli Florets Chilled Peaches WW Dinner Roll Pineapple Juice	14 Chicken Burger on Bun Three Bean Salad Chickpea Salad Chilled Mandarin Oranges Fruit Punch Juice	15 Pork Loin Roast LS Brown Gravy Mashed Potatoes Seasoned Spinach Seasonal Fresh Fruit WW Dinner Roll
16 Salmon Patty Whole Grain Bun Pickled Beets Apple Crisp Orange Juice	17 Savory Baked Chicken Scalloped Potatoes Dilled Baby Carrots Chilled Pears WW Diner Roll LS V-8 Juice	20 Herbed Pork Loin LS Brown Gravy Mashed Sweet Potatoes Seasoned Broccoli Florets Chilled Applesauce WW Dinner Roll Orange Juice	21 Chicken Parmesan Tomato Sauce Buttered Spaghetti Seasoned Green Beans Chilled Peaches WW Dinner Roll	22 BBQ Pork on Bun Macaroni & Cheese Three Bean Salad Chilled Pineapple LS V-8 Juice
23 Beef-a-Roni Collard Greens Baby Lima Beans Seasonal Fresh Fruit Italian Bread Apple Juice	24 Breaded Fish Fillet Roasted Red Potatoes Seasoned Broccoli Florets Chilled Diced Pears WW Dinner Roll Pineapple Juice	27 Five Spice Chicken Rice Pilaf Seasoned Zucchini Chilled Pineapple WW Dinner Roll Orange Juice	28 Salmon Patty Whole Grain Bun Seasoned Beets Chickpea Salad Chilled Peaches L/T/O	29 Meat Sauce Buttered Spaghetti Italian Green Beans Tossed Salad w/Dressing Chilled Mandarin Oranges Italian Bread
30 Stir Fry Pork Brown Rice Seasoned Spinach Chilled Pineapple WW Dinner Roll				

OCTOBER 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please consider your contribution carefully to help the OOA meet increased costs. All meals are subject to change. Lunches served Monday-Friday at 12 noon. Fee: Aged 60+ - \$3 - Suggested donation Under 60 - \$5 (Payment must be made at time of registration.) Reservations are required 24 hours in advance.				
4 Roast Beef LS Brown Gravy Mashed Potatoes Peas & Onions Chilled Mandarin Oranges WW Dinner Roll Cranberry Juice	5 Pork Loin Roast LS Brown Gravy Baby Lima Beans Seasoned Broccoli Florets Hot Spiced Apples WW Dinner Roll LLS V-8 Juice	6 Beef Lasagna Tossed Salad w/ Dressing Seasoned Kale Chilled Peaches Buttered French Bread	7 Lemon Glazed Chicken Brown Rice Seasoned Green Beans Parslied Carrots Orange Sections WW Dinner Roll	8 Tilapia Vera Cruz Rice Pilaf Seasoned Spinach Chilled Pears WW Dinner Roll
11 CENTERS CLOSED FOR COLUMBUS DAY	12 Chicken California Oven Roasted Red Potatoes Seasoned Green Beans Chilled Peaches WW Dinner Roll Fruit Punch Juice	13 Lemon Pepper Fish Rice Pilaf Seasoned Spinach Chilled Fruit Cocktail WW Dinner Roll Apple Juice	14 Baked Chicken Breast Vegetable Primavera Seasoned Broccoli Florets Garlic Bread Grape Juice	15 Hamburger on WW Bun w/Cheese Baked Beans L/T/O Three Bean Salad Hot Spiced Apples Pineapple Juice
18 Pork Loin Roast LS Brown Gravy Glazed Sweet Potatoes Sautéed Cabbage Baby Lima Beans Chilled Applesauce Pineapple Juice	19 Tuna Patty Whole Grain Bun Seasoned Green Beans Seasonal Fresh Fruit Fruit Punch Juice	20 BBQ Chicken Potato Wedges Sliced Dilled Carrots Chilled Pears WW Dinner Roll Orange Juice	21 Roast Beef LS Brown Gravy Mashed Potatoes Seasoned Spinach Chilled Mandarin Oranges WW Dinner Roll Apple Juice	22 LS Swedish Meatballs Seasoned Egg Noodles Peas & Onions Chilled Peaches WW Dinner Roll LS V-8 Juice
25 Turkey a la King Brown Rice Seasoned Broccoli Florets Chilled Peaches WW Dinner Roll Pineapple Juice	26 Chicken Burger on Bun Three Bean Salad Chickpea Salad Chilled Mandarin Oranges Fruit Punch Juice	27 Pork Loin Roast LS Brown Gravy Mashed Potatoes Seasoned Spinach Seasonal Fresh Fruit WW Dinner Roll	28 Salmon Patty Whole Grain Bun Pickled Beets Apple Crisp Orange Juice	29 Savory Baked Chicken Scalloped Potatoes Dilled Baby Carrots Chilled Pears WW Dinner Roll LS V-8 Juice